

Street Directions		Approximate Mile	Lead Runner	85% Clear (5:00:00 Pace)	Time Clear	
Start on Graham Street heading South	Unrestricted	Start	7:20 AM		7:25 AM	UPTOWN
Graham Street turns into Brooklyn Village Ave	Unrestricted	0.10	7:20 AM	7:26 AM	7:26 AM	
Left on Tryon St.	Unrestricted	0.40	7:22 AM	7:29 AM	7:30 AM	
Turn Right onto 4th Street	Unrestricted to McDowell, then left three lanes to Charlottetowne, both lanes b/t Charlottetowne and Kings, 2 lanes from Kings to Torrence, then both outbound lanes	0.70	7:24 AM	7:33 AM	7:34 AM	
4th Street turns into Randolph Road at Caswell	Both outbound lanes	2.10	7:32 AM	7:49 AM	7:53 AM	EAST OVER
Turn Right onto Colville Road	Unrestricted	2.80	7:36 AM	7:57 AM	8:03 AM	
Turn Left on Scotland Ave.	Unrestricted	3.90	7:42 AM	8:09 AM	8:18 AM	
Turn Left onto Providence Road	Unrestricted	4.30	7:44 AM	8:14 AM	8:24 AM	
Turn Right on Hanson Dr.	Unrestricted but leave one lane for in / out for Myers Park Drive Residents to get to Day Care parking lot to exit	4.33	7:44 AM	8:14 AM	8:24 AM	MYERS PARK
Turn Right on Hampton Ave.	Unrestricted	4.40	7:45 AM	8:15 AM	8:25 AM	
Turn Left on Oxford	Unrestricted	5.10	7:49 AM	8:23 AM	8:35 AM	
Turn Left on Beverly Dr.	Unrestricted	5.15	7:49 AM	8:23 AM	8:35 AM	
Turn Right on Rensford Ave.	Unrestricted	5.50	7:51 AM	8:27 AM	8:40 AM	
Turn Right on Sharon Road	Restricted to right side of road	5.60	7:52 AM	8:29 AM	8:41 AM	
Turn Left on E. Queens Road	Restricted to right side of road	5.60	7:52 AM	8:29 AM	8:41 AM	
Straight as E Queens Road turns into W Queens Road (Clear Selwyn)	Restricted to right two lanes on right side of median	6.25	7:55 AM	8:36 AM	8:50 AM	
Queens Road W. at Princeton Avenue	Restricted to right two lanes on right side of median	6.70	7:58 AM	8:41 AM	8:57 AM	
Straight onto Kings Drive Crossing East Boulevard	Restricted to right two lanes on right side of median	7.35	8:02 AM	8:49 AM	9:06 AM	
Cross Brunswick / Atrium Entrance	Unrestricted as Runners transition from right side of road to left.	7.90	8:05 AM	8:55 AM	9:13 AM	
Turn Left onto Morehead Street	Restricted to left two lanes. Runners face traffic.	8.00	8:05 AM	8:56 AM	9:14 AM	
Cross Kenilworth Ave.	Restricted to left two lanes. Runners face traffic.	8.35	8:07 AM	9:00 AM	9:19 AM	
Turn Left on Arosa Avenue	Unrestricted	8.55	8:08 AM	9:02 AM	9:22 AM	DILWORTH
Turn Left onto Dilworth Road	Restricted to left side of road to Berkeley then right side of road	8.60	8:09 AM	9:03 AM	9:23 AM	
Turn Right onto Berkeley Ave.	Unrestricted	8.75	8:10 AM	9:05 AM	9:25 AM	
Turn Left onto Lexington Ave.	Unrestricted	8.85	8:10 AM	9:06 AM	9:26 AM	
Turn Right on Romany Rd.	Unrestricted	8.95	8:11 AM	9:07 AM	9:27 AM	
Turn Right on Myrtle Ave.	Unrestricted	9.30	8:13 AM	9:11 AM	9:32 AM	
Turn Right on Lexington Ave.	Unrestricted	9.65	8:15 AM	9:15 AM	9:37 AM	
Turn Left onto Mt. Vernon Ave.	Unrestricted	9.80	8:16 AM	9:17 AM	9:39 AM	
Turn Left onto Dilworth Road	Restricted to left half of road, facing traffic.	9.90	8:16 AM	9:18 AM	9:41 AM	
Stay Left onto E. Morehead Street	Restricted to left curb lane. Runners face traffic.	10.05	8:17 AM	9:20 AM	9:43 AM	
Cross Euclid Ave.	Restricted to left curb lane. Runners face traffic.	10.05	8:17 AM	9:20 AM	9:43 AM	
Turn Left onto S. College Street	Unrestricted	10.65	8:20 AM	9:26 AM	9:51 AM	
Turn Left onto S. Tryon Street	Restricted to left two lanes. Runners face traffic.	10.70	8:21 AM	9:27 AM	9:52 AM	
Turn Left onto Camden Road	Unrestricted	11.10	8:23 AM	9:32 AM	9:57 AM	
Turn Right onto Kingston Ave.	Unrestricted	11.25	8:24 AM	9:33 AM	9:59 AM	
Turn Right onto S. Mint Street	Restricted to right half of road	11.70	8:26 AM	9:38 AM	10:05 AM	
Cross Summit Ave.	Restricted to right half of road	12.00	8:28 AM	9:42 AM	10:09 AM	UPTOWN
Clear Morehead on Mint Street	Restricted to right 2 lanes (not center lane)	12.45	8:31 AM	9:47 AM	10:16 AM	
Turn Right on Brooklyn Village Ave. @ Graham St.	Cross traffic and use curb lane facing traffic	12.70	8:32 AM	9:50 AM	10:19 AM	
Turn Left on Brevard St.	Restricted to left side of road to Parking Garage entrance / exit, then unrestricted	13.15	8:35 AM	9:55 AM	10:25 AM	
Turn Right on MLK	Restricted to right side of road	13.30	8:36 AM	9:57 AM	10:27 AM	
Turn Left on Caldwell St.	Cross street and use right hand curb lane	13.37	8:36 AM	9:58 AM	10:28 AM	
Cross 3rd St.	Right hand curb lane	13.46	8:37 AM	9:59 AM	10:29 AM	
Cross Trade St.	Right hand curb lane	13.63	8:38 AM	10:01 AM	10:32 AM	
Cross 7th St.	Right hand curb lane	13.88	8:39 AM	10:03 AM	10:35 AM	
Cross 11th St.	Right hand curb lane	14.20	8:41 AM	10:07 AM	10:40 AM	
Cross 12th St.	Right hand curb lane	14.28	8:41 AM	10:08 AM	10:41 AM	
Turn Right on Belmont St.	Restricted to right side of road	14.50	8:43 AM	10:11 AM	10:44 AM	
Turn Left on N. Myers St.	Restricted to right side of road	14.75	8:44 AM	10:13 AM	10:47 AM	
Turn Left on 15th St.	Restricted to right side of road	14.85	8:45 AM	10:15 AM	10:49 AM	
Turn Right on N. Alexander St.	Restricted to right side of road	14.90	8:45 AM	10:15 AM	10:49 AM	
Straight onto Greenway	Use left side of greenway	15.00	8:45 AM	10:16 AM	10:51 AM	Greenway
Cross 18th St.	Use left side of greenway	15.13	8:46 AM	10:18 AM	10:52 AM	
Exit Greenway onto N. Davidson St. @ 24th St.	Use left side of greenway	15.60	8:49 AM	10:23 AM	10:59 AM	
Cross Jordan Pl.	Restricted to left half of right side of road	16.00	8:51 AM	10:28 AM	11:04 AM	NoDa
Turn Right on 36th St.	Restricted to right side of road	16.50	8:54 AM	10:33 AM	11:11 AM	
Turn Right on The Plaza	Restricted to Lane 2 Inbound, Right side of road	17.15	8:58 AM	10:41 AM	11:20 AM	PLAZA MIDWOOD
Cross Matheson on The Plaza	Restricted to Lane 2 Inbound, Right side of road	17.40	8:59 AM	10:44 AM	11:24 AM	
Bear Left on The Plaza at Parkwood Avenue	Restricted to Lane 2 until Belvedere	18.00	9:03 AM	10:51 AM	11:32 AM	
Cross Belvedere	Restricted to bike lane	18.20	9:04 AM	10:53 AM	11:35 AM	
Turn Right on Central Ave.	Restricted to right curb lane	18.90	9:08 AM	11:01 AM	11:44 AM	
Turn Right on Pecan Ave.	Restricted to right side of road, unless runners need to	19.00	9:08 AM	11:02 AM	11:46 AM	
Turn Right on Chestnut Ave.	Unrestricted	19.45	9:11 AM	11:07 AM	11:52 AM	
Turn Left on Thomas St.	Unrestricted	19.50	9:11 AM	11:08 AM	11:52 AM	
Turn Right on Belvedere Ave.	Unrestricted	19.80	9:13 AM	11:11 AM	11:57 AM	
Turn Left on The Plaza	Restricted to Bike Lane b/t Belvedere and Parkwood	19.85	9:13 AM	11:12 AM	11:57 AM	
Bear Right on The Plaza at Parkwood Avenue	Restricted to left curb lane facing traffic	20.00	9:14 AM	11:14 AM	11:59 AM	
Clear Matheson Ave.	Restricted to left curb lane facing traffic	20.65	9:18 AM	11:21 AM	12:08 PM	
Turn Left on 35th St.	Unrestricted	20.80	9:19 AM	11:23 AM	12:10 PM	

Turn Left on N. Davidson St.	Restricted to left hand side (curb side) of left hand	21.45	9:22 AM	11:30 AM	12:19 PM	NOD
Clear Jordan Place	Restricted to left hand side (curb side) of left hand (northbound) side of road.	21.95	9:25 AM	11:36 AM	12:26 PM	
Re-enter Greenway at 24th St. from D. Davidson	Use left side of Greenway	22.35	9:27 AM	11:40 AM	12:32 PM	Greenway
Cross 18th St.	Use left side of Greenway	22.80	9:30 AM	11:46 AM	12:38 PM	
Exit Greenway on to Alexander Northbound	Restricted to Left side of road	22.95	9:31 AM	11:47 AM	12:40 PM	
Turn around at approximately E. 17th St.	Left side of road	23.00	9:31 AM	11:48 AM	12:41 PM	
Re-enter greenway and continue inbound	Use left side of greenway	23.05	9:31 AM	11:48 AM	12:41 PM	
Cross Belmont Ave.	Use left side of greenway	23.30	9:33 AM	11:51 AM	12:45 PM	
Exit Greenway onto Greenway Crescent at 12th St.	Cross and use right side of road	23.75	9:35 AM	11:56 AM	12:51 PM	UP TOWN
Turn Right on Seigel Ave.	Restricted to right side of road	23.90	9:36 AM	11:58 AM	12:53 PM	
Turn Right onto 10th St.	Restricted to right side of road to 12th, then inside bike	23.95	9:37 AM	11:59 AM	12:54 PM	
Straight into Bike Lane on 10th at 12th	Bike Lane	24.05	9:37 AM	12:00 PM	12:55 PM	
Turn Left on McDowell Ave.	Restricted to Right hand curb lane	24.10	9:37 AM	12:00 PM	12:56 PM	
Clear 7th St.	Restricted to Right hand curb lane	24.30	9:39 AM	12:03 PM	12:58 PM	
Clear Trade St.	Restricted to Right hand curb lane	24.55	9:40 AM	12:06 PM	1:02 PM	
Clear 3rd St	Restricted to Right hand curb lane	24.72	9:41 AM	12:08 PM	1:04 PM	
Turn Right on MLK	Restricted to Right hand side of road	24.85	9:42 AM	12:09 PM	1:06 PM	
Clear Caldwell Ave.	Runners move to left hand side of road, curb lane	25.17	9:44 AM	12:13 PM	1:10 PM	
Turn Left on Brevard St.	Unrestricted to parking garage entrance, then right half	25.25	9:44 AM	12:14 PM	1:11 PM	
Turn Right on Brooklyn Village Ave.	Restricted to Right hand curb lane	25.40	9:45 AM	12:15 PM	1:14 PM	
Clear Tryon St.	Restricted to Right hand curb lane	25.65	9:46 AM	12:18 PM	1:17 PM	
Clear Mint St as Brooklyn Village Ave turns into Graham	Restricted to Right hand curb lane	25.85	9:48 AM	12:21 PM	1:20 PM	
Turn Right on Fourth Street	Unrestricted to finish line	26.19	9:49 AM	12:24 PM	1:24 PM	
Finish on Fourth St mid block b/t Graham and Mint.		26.20	9:50 AM	12:25 PM	1:25 PM	